



# MEASURABLE PROGRESS UNLIMITED SUPPORT

Diabetes Prevention  
Program

[www.ymca.net/diabetes](http://www.ymca.net/diabetes)

## Did you know that 1 in 3 American adults are living with pre-diabetes? Are you one of them?

### The YMCA's Diabetes Prevention Program helps adults with pre-diabetes reduce their risk of developing type 2 diabetes



#### Program

The YMCA's Diabetes Prevention Program teaches participants how to make positive lifestyle changes including healthier eating, physical activity, and weight loss.

Small group, evidence-based, year-long, educational program led by a trained lifestyle coach - 19 sessions in first 6 months, followed by 6 sessions in second 6 months

- Goals:**
- Lose 7% body weight**
  - Increase physical activity to 150 minutes per week**
  - Develop healthier eating habits**

#### Incentives

**THIS PROGRAM IS FREE to all qualifying KEHP members!**  
**(\$429 value)**

**FREE 14-Week YMCA Trial Membership\***  
(\*To qualify for trial membership, you must not be a current YMCA member)

**Waived join fee** if you become a Y member within 30 days of your trial membership ending

**350 points to your Humana Vitality account** upon completion of the program

**Free Calorie King Book**, program lesson binder, and food & activity trackers

**Water bottles, canvas bags, and certificates** for reaching your goals!

#### Are You Eligible?

To participate, individuals have to meet the following criteria\*:

- Have never been diagnosed as diabetic
- Have a BMI of 25 or greater (22 or greater for Asian individuals)
- Blood glucose test taken in last 12 months with following results:
  - A1C blood value between 5.7 - 6.4% **OR**
  - Fasting plasma glucose value between 100-125 mg/dl **OR**
  - Past diagnosis of Gestational Diabetes (GDM)

\*If you don't have blood values taken in last 12 months, you may qualify through a health risk assessment which can be done over the phone



**New classes starting at your local YMCA each month!**

**See your school coordinator for a pre-screening packet and more program information! You can also visit**

**[www.YMCALouisville.org/Prevent-Diabetes](http://www.YMCALouisville.org/Prevent-Diabetes).**